

Meditation [The Spiritual Indian](#)

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[Why childhood is the best time to learn meditation](#)



Children can learn things quickly. They are so overflowing with energy and the zest to know things that they master any art form easily. That's why they easily learn new languages and skills. Meditation also comes easily to children. Because they are innocent and their mind is fresh. It's like a black slate where nothing is written yet. [...]

[Should you practice yoga and meditation together?](#)



In true sense, both Yoga and Meditation are doorway to divine and can lead to self realization. Thousands of people have become enlightened following either yoga or meditation. There is nothing lacking in any of the system. Yoga is a step by step guide to awaken your true potential. When we talk about 8 limbs [...]

[Be a watcher and not a controller of mind in meditation practice](#)



One of the mistakes I have made in meditation practice is to put effort to be in control of things. When I used to sit for meditation practice then I used to have the idea that my mind should be without thoughts. My thoughts should slow down quickly, so that I could feel the bliss [...]

[Seeing as meditation practice | How to see things meditatively](#)



There are many meditation techniques to reach to the state of meditation. You can move towards meditation from any direction. The direction is not important, what really matters is that you should reach to the state of inner silence and stillness. You can use any faculty to go deep in meditation like listening, talking, touch, [...]

[how to slow down the mind with meditation](#)



to slow down your mind you need to do absolutely ‘nothing’. if you try to do something to slow down the mind then it will become more active. on the contrary if you just watch your mind passively without trying to stop it, then it will slow down on its own. mind needs your cooperation [...]

[Walking as meditation | How to use walking as meditation practice](#)



walking has been used for meditation practice for thousand of years. it is said that gautam buddha used to practice sitting meditation and walking meditation alternatively. this alternate sitting and walking meditation works perfectly as after 30 minutes or one hour meditation session you might feel sleepy or lazy. your energy becomes lethargic at times. [...]

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meditation

[10 Tips for mindful eating | How to practice mindfulness in eating](#)



if you want to enjoy your food to the maximum then you must try mindful eating. mindfulness basically means to be present in the moment without any judgement or choice. mindfulness is another name for meditation or dhyan. according to enlightened mystic jiddu krishnamurti “choiceless awareness is meditation”. so when you eat food mindfully then you [...]

[5 Benefits of mindful eating | Mindfulness and healthy eating](#)



doing things mindfully is becoming popular in west. more and more people are learning ways to incorporate mindfulness in their daily life. its a very good trend and makes me feel very positive about the future of world. you can do any activity either mindfully or unconsciously. when you do things mindfully then not only [...]

[10 Qualities of a Meditator | What makes a good mediator](#)



have you ever wondered what qualities it takes to succeed in meditation? basically everyone can go into meditation irrespective of their age, sex, religion, caste, color or social status. but for some people meditation comes more easily than others. it is true for other religious path also. for some people devotional path comes spontaneously. some people excel [...]

[How to watch thoughts in meditation | Learn to watch thoughts](#)



if you can watch your thoughts without getting identified with them then half of your problems won't be there. many problems in life are just created by mind and its thoughts. one of the basic principle in watching thoughts is your non-involvement with them. most people get involve with the thinking process because they assume [...]

[Meditation tips for beginners | 51 Tips for beginners in meditation](#)



advanced meditators can meditate any where and at any time. for them anything can be a meditation practice. e.g. they can eat food mindfully or they can using listening as meditation and so on. but for beginners in meditation, they need support to deepen their meditation practice and then only they can bring meditation in their [...]

[10 Characteristics of mind which every meditator should know](#)



the whole art of meditation lies in witnessing the mind. you witness every thought which comes to your mind without getting identified with it. mind is a momentum of thoughts which is going on inside you for thousands of life times. if you want to slow down the mind then you have to understand its [...]

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meditation

5 Common meditation distractions and how to deal with them



meditation can be a tricky affair at times because mind tries its best to distract you from meditation. the more you go deeper in meditation, the more you become free from conditioning of the mind. the hold of mind on you becomes less as your meditation deepens. so mind tries everything to distract you. its [...]

How to deal with body pain or distractions during meditation



when you start practicing sitting meditation like watching your thoughts, breathing or any other meditation technique then initially there are always some distractions. most people experience that there are too many thoughts in the mind. for some people their body becomes very stiff and their legs starts hurting. some people experience pain in body parts [...]

What is Mindfulness | Introduction to mindfulness practice for beginners



mindfulness means to be totally present in the current moment or to be here-now. it means doing things consciously and not mechanically like a robot. when your attention is not in the present moment then you are doing things like a robot. you won't believe it but most human beings are doing things unconsciously or mechanically. [...]

[How to stop thinking | Is it possible to stop thinking directly?](#)



many young people want to stop thinking. when i was young then even i tried many ways to do it. but as i read more about how to stop your mind or your thoughts then i realized that it cannot be done. practically speaking, you can slow down your thinking process but you cannot stop [...]

[How to deal body pain with meditation | Mindfulness and Pain](#)



your body is your best friend. body always supports you. it is like a silent friend who is helping you in every possible way. the body ask for your attention when it is absolutely needed. it never troubles you unnecessarily. it hankers for your attention only when some body part is in trouble and need more energy [...]

[Eating food with mindfulness | What is mindful eating in practice](#)



eating with mindfulness is the one of the most tricky thing in the meditation practice. i can say it from my personal experience. i have tried it many times and it is not so easy as it is talked about. before going further, lets discuss a bit about mindfulness. one of the most important teaching of [...]

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meditation

[How to find your inner center or witnessing center](#)



one of the key aspect of all meditation technique is to find your inner center. when you are centered within, then mind is no longer there, but you are there. inner centering is a state of no-mind or no-thoughts. when you are totally centered within, then you become witness to everything going around you. you [...]

[Listening as meditation | How to use listening as meditation practice](#)



any activity like seeing, listening, eating or walking can be a meditative process. it all depends on how much consciousness you bring in these acts. basically any action done with awareness becomes meditative. so advanced meditators make effort to be meditative in their day to day actions. listening can also be used as a meditation [...]

[7 Mistakes which advanced meditators make in spiritual search](#)



the journey is short but it takes long to reach to the divine. as there are many pitfalls on the path. even advanced meditators and sadhaks make mistakes. the higher you go in flight there are more chances of falling down. one has to be very careful in spiritual search. make sure you never feed your [...]

[How i use meditation in daily living | Meditation in real life situations](#)



i love meditation and it is my best friend. i would say my savior in most situations. i don't know how i would have dealt with this harsh life without the aid of meditation. personally, i don't follow the practice of sitting for meditation at a fix time everyday. it is a good practice for [...]

[10 occasions when you miss practicing meditation in a day](#)



many meditators have this excuse that they don't get time for meditation. in this fast paced life where everything is available at the click of mouse. we are still hard pressed for time. getting time for essential activities of life is becoming difficult. is it really because we are short of time or because doing meditation [...]

[5 Problems which meditation creates for you](#)

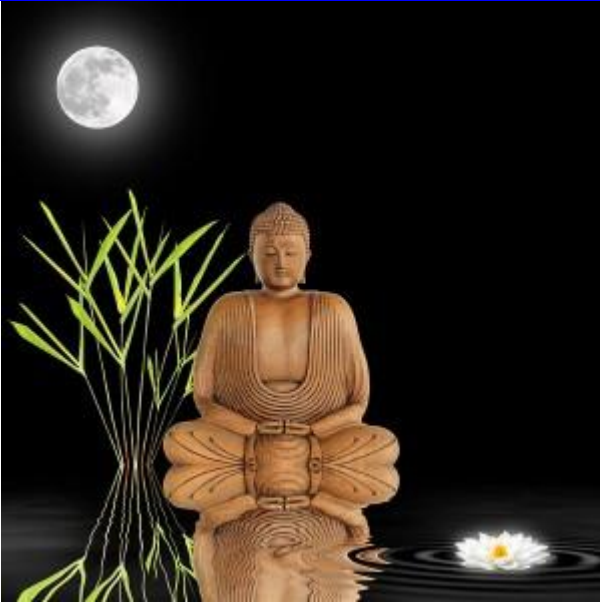


meditation is one of the greatest blessing in life. but everything is not so rosy about it. it do create some problem in the life of meditator. these problems are like a test for the meditator. if he passes the test then his meditation will become more richer and more fragrant. so don't be scared [...]

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meditation

[How to use full moon night for spiritual practice and meditation](#)



full moon night has special importance for meditators and spiritual aspirants. its a charged night and much spiritual progress is possible on this night. on this night, the energy of moon is at its peak. its a known fact that moon has a great influence on our mind. many people get excited or mad on [...]

[Mind and Meditation | Why you have to understand mind to go deep in meditation](#)



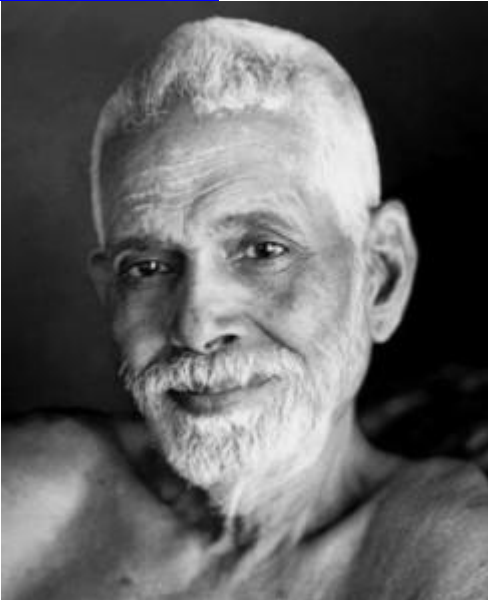
one of the most important thing a meditator can do is to understand his mind. now this understanding does not come via studying books on mind but by witnessing the mind and the tricks mind plays on you. now what is mind – mind is a bio-computer. which does not have any intelligence of its [...]

[What is meditation | Real Meditation is a state of no-mind or no thoughts](#)



meditation is a state of no-mind or a state when thoughts have ceased to exist and you are also totally conscious or alert. mind is thoughts and meditation is no-thought. so meditation is a journey from mind to no-mind state. you have to go beyond your mind. as long as you are entertaining the mind [...]

Ramana Maharshi self inquiry meditation technique | Who am i meditation



ramana maharshi is an enlightened mystic from india. ramana maharshi taught the self inquiry meditation technique for awakening. according to him, self inquiry meditation technique is the shortest and the direct route to awakening. when ever someone used to come to ramana maharshi for any spiritual instructions, then maharshi used to ask that person to [...]

Psychological benefits of meditation | Meditation psychological benefits



meditation in its purest form is not done to have any psychological benefits. in real meditation practice there should not be any goal, purpose or desire which needs to be achieved. but people who practice meditation often gets many benefits like bliss, peace of mind, increased in intelligence, more consciousness, more clarity and glow in their [...]

[Breath watching meditation | Watching incoming and outgoing breath Meditation](#)



breathing is a very important door for learning meditation. your mental state is very deeply related with your breathing pattern. whatever is your mental state, it will have a corresponding breathing pattern. when you are angry, then your breathing is different. when you are sad your breathing is different and so on. each emotional state has [...]

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[What is correct posture for meditation practice | Meditation tips](#)



for beginners in meditation, it is important to learn the correct meditation posture. as the right meditation posture helps in going deep in meditation easily. meditation is all about channelizing the energy to upper chakra's consciously. if your meditation posture is correct then it helps in the easy flow of energy in your energy channels or [...]

[How to create a meditation space in your home | Meditation tips](#)



its important to create meditation space in your home as it helps in going deep in meditation. when you practice meditation regularly in your room or in the same place, then your room starts vibrating with the meditative energy and gets charged. a charged meditative space helps you to go deeper in meditation. it is [...]

[Meditation vs Prayer | How meditation and prayer are different practices](#)



meditation and prayer are both spiritual practices. if done rightly then both can lead to god realization. there are many paths leading to god. one should not compare the paths. because for some people meditation is best path, for some devotion is more suited, for some people tantra or mantra is the right path. so one [...]

[Concentration vs Meditation | Why meditation is opposite of concentration](#)



meditation is not concentration but many times meditation is wrongly associated with concentration exercises. in fact meditation and concentration are totally opposite to each other like north pole and south pole. concentration means narrowing down your consciousness on an object, image, mantra or symbol. e.g. when you chant any mantra then you are putting your total [...]

[Top meditation myths | 18 Meditation myths and misconceptions](#)



there are many myths and misconceptions in the world of meditation. many people teach wrong meditation techniques and some times the technique they teach has nothing to do with meditation. if one can learn to meditate properly then his whole life will be transformed. right meditation is a greatest blessing in life. but it is [...]

[Why meditation is the greatest blessing in life](#)



have you ever realized how fragile our happiness is? how much we are dependent upon favorable situations in life as well as on the good opinion of others about you just for an example you very well know that you are a street smart person and all of your friends agree with this belief of [...]

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meditation

What is the difference between meditation and concentration



few people who don't have correct idea about meditation have confused meditation with concentration. meditation and concentration are like north and south pole they are totally different from each other and should not be confused with each other. difference between meditation and concentration: lets understand the difference between them with a simple example when sunrays falls on [...]

What is Witnessing – Essence of Meditation is Art of Witnessing



Witnessing is the art of silently watching the mechanism of mind without getting identified with its content. Mind is a bio-computer which is continuously thinking without any break. Meditation brings a full stop to this mind activity and for some time mind gets a break from continuous thinking. This gap of no-thinking state recharges the [...]

Meditation Tips for Beginners | Top Meditation Tips for Beginners



when you start your meditation practice, then you need help in the beginning. even small things makes a lot of difference in your meditation session. here are few tips which helped me as a beginner, when i was struggling to go deep in meditation. top meditation tips for beginners: 1. choose a right meditation technique – [...]

Why you should be regular in meditation practice



it is very important to practice meditation everyday. otherwise your meditation cannot go very deep. even if you take one day break then you lose much in your sadhana. when you are trying to go deep in any spiritual practice then each day effort matters. it is like boiling the water to 100 degree, so [...]

How to stop mind | Why you cannot stop mind directly?



many people are interested in controlling the mind and becoming master of it. if you go to a bookstore then you will find many books which share secrets to control mind. but in reality, it is not possible to control the mind or to stop the mind at all. infact, the more you try to control the [...]

What is the best time for meditation practice | Meditation tips



honestly speaking, an advanced meditator tries to practice meditation all day along and he is always watchful of his thoughts, emotions and actions. so for such a meditator who practice meditation 24 hours, there is no good or bad time... time does not make a difference to him, as he is witnessing every thing that [...]

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meditation

[How to Witness Emotions or Feelings Easily](#)



how to witness emotions or feelings witnessing emotions is not easy for beginners and it becomes very difficult for them to witness emotions and stay detached. but with proper guidance and practice, one can easily stay detached and not get affected by any emotions. in this post, i will share few tips which will be [...]

[15 Tips to watch thoughts | How to witness thoughts or thinking](#)



One of the essential step in most of the meditation techniques is to become a witness of your mind content. That is the ability to witness the thoughts, feelings as well as to become a witness to the bodily movements. Which means no thought pass by your mind without being noticed by you. Every act of yours should [...]

[Gautam buddha teaching on middle path | How to follow Buddha path of middle](#)



gautam buddha teaching on middle path one of the important concept in buddha teaching was to follow the middle path. what does it mean? following buddha middle path at bodily level: 1. don't move towards fasting or don't move towards too much indulgence with food. fasting and over eating are both extremes. stay in middle [...]

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